Monday, June 2, 2014

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2 GUARANTEED $1 MILLION PRIZE DRAWS +THE JACKPOT

JUNE SUPER DRAW

LOTTO 6/49

NDP'S ANDREA HORWATH TALKS TO METRO

FIRST IN A SERIES OF Q&A'S WITH PROVINCIAL PARTY LEADERS AHEAD OF THE JUNE 12 ELECTION PAGE 9

Cheesemaker hopes to win some cheddar

Woodstock fromage master in the running for the $100K Young Entrepreneur Award, and he needs your help PAGE 3

O Canada, you sure talk funny

A 'poutine' investigation of our nation's 'loonie' brand of English: From 'bunnyhug' and 'double-double' to 'serviette' and 'chesterfield' PAGE 11

NEWS WORTH SHARING.

ONE SOGGY DOGGY

It was all about dogs, water, and more dogs on Sunday as the London Humane Society marked its annual Bark in the Park fundraiser at the Plunkett Estate. Story, page 6. SCOTT TAYLOR/METRO

Benefit planned after hit-and-run victim released from hospital

June 28. Fundraiser to feature music, prizes and special appearance by 10-year-old Tyler Brooks

SCOTT TAYLOR
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Making it this far was more than anyone could have hoped for in the days after Tyler Brooks was hit by a car and left for dead in east London.

Quick, expert medical care kept the 10-year-old boy alive. The love of his family and friends — and his unconquerable spirit — did the rest.

Now he's been released from hospital and a benefit is being planned in his honour.

"He's eating on his own now, he talks. He's a little hard to understand, but he does talk," said his aunt, Carrie Pickles. "He can't walk unassisted, but he can take a couple of steps if we're holding him, so he pretty much still is dependent on his wheelchair.

"So just slow improvements, but still a long, long road."

Tyler was riding his bike on the sidewalk of Wexford Avenue on Oct. 25 when 35-year-old Toby VanLieshout slammed into him before squealing his tires and fleeing the scene.

VanLieshout of Ingersoll has since pleaded guilty and has been sentenced to three and a half years in prison, with a 10-year driving ban.

His wife, Rebecca Smith, pleaded guilty as an accessory.

Every day since has been difficult for Tyler, and he'll always need assistance. The benefit will help with the myriad costs that are now a daily fact of life for his family.

It runs from noon to midnight June 28 at the Canadian Corps at 1051 Dundas St. E. and will feature live music, raffles and prizes — and one very special guest is scheduled to make an appearance.

"It's become a very huge day, and we're all looking quite forward to it," said family friend Denise Rivait. "My special guest is going to be Tyler Brooks, so then we'll get to see him that day and meet him."

How to help

- A fund has been established for Tyler Brooks at the TD Canada Trust at Hamilton Road and Highbury Avenue.
- Donations can be made by referencing account number 6321869.

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Shep Ysselstein's cheese business in Woodstock could see an expansion if he beats out eight other finalists for this year's Business Development Bank of Canada's Young Entrepreneur Award. CONTRIBUTED

Help cheesemaker win $100K growth money

Chunk of cheddar. Woodstock's Shep Ysselstein a finalist for young entrepreneur award

SCOTT TAYLOR
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A Woodstock cheesemaker is one of nine finalists across the country with a chance to win $100,000 to grow his business.

Shep Ysselstein, 31, is the owner and creative genius behind Gunn's Hill Artisan Cheese.

His premium, handmade cheeses are being sold in Ontario at select grocery stores, specialty-food shops and farmers' markets. They're now in such high demand that Ysselstein needs to expand so he can ramp up production.

He's in the running for the Business Development Bank of Canada's Young Entrepreneur Award and needs online votes to come out as, well, the big cheese.

Ysselstein said being one of the finalists is more stressful than he expected because he's got a solid plan of what to do with the money, should he win.

"When you're applying, you basically have to apply with a project in mind that will help take your business to the next level," he said. "Our market has been growing fast, which is amazing, but with cheese, you have to store it for a period of time before you can sell it, and we're running out of storage space.

"We'd be adding additional aging rooms for it."

Cheese like this doesn't just roll off an assembly line, after all.

Ysselstein found his calling when he decided it was time to break up the family band, so to speak.

"I'm one of five brothers — our main cheese is called Five Brothers — and one farm isn't really enough space for five brothers who all kind of want to be the boss," he said. "We get along great, but I've always been very independent and I wanted to try something on my own."

While in university, he visited some on-farm cheese plants and the proverbial light bulb went on over his head.

"The market seems to be growing, the demand is there, so one thing led to another, and I've made the commitment to pursue making cheese," he said.

Local economy

A win for Shep Ysselstein means a win for jobs in Woodstock.

- If he wins competition, Ysselstein says he'll add four more employees to his payroll.
- The online vote continues through to June 12 at: bdcyoungentrepreneuraward.ca/en/finalists/cheese-champs

Ailsa Craig. Two teens in hospital after crash

Two teenagers were taken to hospital with what police described as life-threatening injuries after a crash early Sunday morning near Ailsa Craig.

Ontario Provincial Police along with EMS and the North Middlesex Fire Department were called to Queen Street near West Corner Drive about 2:15 a.m. When they arrived, they found a single vehicle had crashed.

Both people inside, a 16-year-old and a 15-year-old boy, were taken to hospital. Their names have not been released because of the ongoing investigation. Both are from Michigan, police said.

A portion of Queen Street was closed Sunday morning as police investigated. METRO

Driver sought

Investigation into hit-and-run

Woodstock police are looking for information after a hit-and-run last week where a 1990s silver Oldsmobile Alero hit an SUV near Springbank Avenue and James Street. The driver of the Oldsmobile was last seen driving onto James Street. Anyone with information is being asked to call police or Crime Stoppers at 519-421-8477. METRO

Butting out. Health Unit promotes No Tobacco Day

Celebrating World No Tobacco Day on Saturday, Middlesex-London Health Unit's One Life One You team joined forces with about 50 teens and other young people from the eight health units that make up the Southwest Tobacco Control Area Network.

The day included a full slate of games, such as "91 Reasons Why 91 per cent of Youth Don't Smoke."

The theme originated in Oxford County in 2013 and is based on reversing a key statistic from the 2011 Ontario Student Drug Use and Health Survey.

The survey showed only nine per cent of Ontario students in Grade 7 to 12 reported smoking at least one cigarette, or smoking occasionally, during the last 12 months. SCOTT TAYLOR/METRO

Quiet neighbourhood reeling after boy's alleged confinement

A London police officer completes paperwork Friday before entering the southeast London home where a 10-year-old boy is believed to have been locked in a bedroom for up to two years. ANGELA MULLINS/METRO

The victim. The child, who can't be identified, was described as underweight and pale with long hair falling beneath his shoulders

SCOTT TAYLOR
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The southeast London neighbourhood where police were shocked to find a 10-year-old boy locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children's Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

"There's a lot of garbage in the house, there's a lot of packaging from fast-food outlets in the house — in the bedroom, specifically — there was feces, urine, the bed was soaked in urine, as were the child's pyjamas when the child was found, and there were food wastes throughout the house," Heslop said.

The boy, who can't be identified, was described as underweight and pale with long hair falling beneath his shoulders.

After being freed, the boy was taken by ambulance to hospital, where he was diagnosed as being underweight and suffering from malnutrition.

Heslop said the boy came to Canada in 2010 and was living with his aunt and uncle.

According to Heslop, the boy was fed once in the morning and once later in the evening, usually fast food.

Heslop doesn't know what the rest of the family, which included the couple's nine-year-old daughter, ate.

But police said the girl had been living a normal life, which included going to school, something the boy was denied.

His aunt and uncle have been arrested and charged with failing to provide the necessaries of life and forcible confinement.

In order to protect the child, they have not been publicly named.

It's believed the pair remains in police custody.

A minivan sat Sunday in the driveway, which is littered with weeds growing through the pavement. Otherwise, the house has fallen silent.

One neighbour said he could see a child looking out from an upstairs bedroom window from time to time, but didn't think twice about it.

He said the adults were seen infrequently and never spoke.

Another neighbour said there was rarely anyone outside and, when he did see adults, no words were spoken.

At a glance

- The rescued boy and the couple's daughter are now living in separate foster homes.

Charges laid after toddler found locked in vehicle: London police

A man has been charged with child abandonment after London police received a report of a 14-month-old boy locked inside a car with the windows rolled up.

The incident was reported about 4 p.m. Saturday at White Oaks Mall. Environment Canada reports the temperature was 24 C with a humidex value of 28 C at the time. It would have been much hotter than that inside the closed vehicle.

Police broke a window to retrieve the boy, who was taken to hospital with injuries that are not believed to be life-threatening. It's the first such report this year, but authorities laid similar charges in at least two local cases last summer after people noticed children were left alone in vehicles.

Police are reminding people to never leave a child unattended and to refrain from leaving children and pets in vehicles.

Anyone who observes someone in distress is asked to call police at 519-661-5670 or dial 911. SCOTT TAYLOR/METRO

CONTRIBUTED

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These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

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Red Light Green Light.
Travelling documentary hopes to halt trafficking

A documentary about the fight to end sexual trafficking is coming to Wolf Performance Hall at 251 Dundas St. on June 12.

Called Red Light Green Light, the film's directors travelled to 10 countries as they explored the issue of trafficking and tried to answer a simple question: How can we prevent sexual exploitation before it happens in the first place?

Michelle and Jared Brock, the film's co-directors and producers, will be on hand at the screening, which runs from 7 to 9 p.m.

Check redlightgreenlightfilm.com for more information.

METRO

Purpose

The Brocks are co-founders of the anti-trafficking non-profit Hope for the Sold.

- Their London stop is part of a 100-city, cross-Canada tour to spread their message.

All the cool kids are doing it

Erin McArthur slips a pair of nylon stockings weighted with a tennis ball over her head on Saturday as she competes in the Race for Kids outside One London Place. The race, which saw teams tackle obstacles at landmarks around downtown, was a fundraiser for the Boys and Girls Club. McArthur, 31, of St. Marys took the lead for her team, the Sassy Lassies, at a stop that challenged her to knock over cans with the tennis ball strapped to her head. ANGELA MULLINS/METRO

Show and sale

Beal students ready art gallery

Students in H.B. Beal Secondary School's art program are ready to take their work public.

They're gearing up for its 2014 year-end show, which will turn space in the school's basement into a gallery filled with the work of 250 students.

The gallery will include work in a variety of mediums ranging from paintings to photographs to video illustrations. Everything will be available for sale.

The show runs from noon to 5 p.m. on June 14 and 9 a.m. to 9 p.m. on June 16 at the school at 525 Dundas St.

Check bealart.com for details. METRO

Three dogs set their sights on the same ball as they dive off a dock during Sunday's Bark in the Park at the Plunkett Estate. SCOTT TAYLOR/METRO

London Humane Society marks biggest Bark yet

Bark in the Park.
All manner of doggy diversions push Society toward fundraising goal

SCOTT TAYLOR
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There was no wrong tree to bark up Sunday on the grounds of west London's Plunkett Estate.

The 30th edition of Bark in the Park scored a perfect 10 for the canine set.

The fundraiser goes a long way to helping the London Humane Society fulfil its goal of helping abused and vulnerable animals in the region.

After last year's fundraising total of just less than $85,000, organizers were hoping the $100,000 mark might be broken for the first time on Sunday.

Humane Society executive director Judy Foster said a warm, sunny day didn't hurt the cause.

Fundraising goal

$100K

Organizers hoped the $100,000 mark might be broken for the first time Sunday.

"We've got more people out than last year, and we're absolutely delighted with the weather that keeps bringing people out to the Plunkett Estate," she said.

There were all sorts of events for furry friends, including a best-dressed dog competition and a short pier from which they could take a long dive into a pond dotted with tennis balls and Frisbees.

To keep the tails wagging, Londoner Mike Phillips donated a hefty $5,250 to the cause.

"It's all in memory of my dog," he said.

"I had her for 15 years, and when I had to put her down I came to the Humane Society and donated all my food and stuff I had. Then I met Skippy, my new dog."

New EMS station to speed response

Responding to 7,000 calls a year out of a station too small and too old for the volume was a challenge for Middlesex-London EMS crews, said Deputy Chief Al Hunt.

That all changes on Tuesday with the official opening of a new, state-of-the-art station at 745 Horizon Dr.

The station, which Hunt joked is almost in the parking lot of Costco off Wonderland Road, has three bays and all the bells and whistles that today's paramedics need to save lives.

"We'd outgrown (the old station)," he said. "To respond to that many calls a year required another unit there. We'll have much better coverage there for when people need us."

Until now, an ambulance from the service's headquarters on Waterloo Street would have to speed out to the west side if a call came in and other units were busy.

But everything from traffic to trains to road construction made it difficult to get where they needed to be quickly, Hunt said.

A ribbon-cutting is planned for the new station at 10:30 a.m. Tuesday. The public is invited for tours.

Stations

13

Middlesex-London EMS operates 22 units out of 13 stations.

SCOTT TAYLOR/METRO

‘Miracle Baby’ happy and healthy three months later

Stillborn. Though baby didn’t breathe for nearly 30 minutes, mother says Mireya’s development appears normal so far

RUTH DAVENPORT
Metro in Halifax

Mireya, left, gets a kiss from her sister Trayah, 2, on Sunday.
JEFF HARPER/METRO IN HALIFAX

Three months after her tumultuous birth, death and rebirth, the little girl known as “The Miracle Baby” appears to be a healthy, bouncing three-month-old.

“Everybody asks, is there any health issues?” said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home Sunday afternoon. “But knock on wood, she’s doing everything on time. She holds her head up, she turns to your voice, she smiles.”

Mireya was apparently stillborn after a long and difficult delivery in March — but after 28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn of events, but she and her family have all the explanation they need.

“It’s a miracle, and God is doing his work,” said Pearleen Shephard, Cyr’s aunt, who was in the delivery room offering “deep and strong” prayers for the baby’s well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

“She gets a lot of attention,” said Shephard. “A baby does demand a lot of attention, she’s just getting some extra special attention.”

Relief begets anger

There was no explanation from IWK Health Centre in Halifax, where the baby was born.

- Robin Cyr said she’s angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn’t accommodated.
- Cyr’s relatives said the delivery was torturous, and to this day say the video of the birth is “too traumatizing” for Cyr to see.

Mireya’s story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Winnipeg. Frozen pipes for many residents despite hellish temperatures

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it’s a different story.

Hundreds of residents still have frozen water pipes.

Matthew Lawrence and his family lost water almost two months ago when their home’s pipes froze. They were still unthawed late last week, even as the Manitoba capital was Canada’s hot spot at 32 C.

“It’s amazing. It feels like the tropics and we still have frozen water pipes,” Lawrence said. “To have it this hot and still be thinking there are frozen pipes underneath the ground is just kind of mind-boggling.”

Lawrence, his wife and three children have been relying on his neighbour, who has allowed them to tap into his water supply. But now, Lawrence said, his neighbour’s house is up for sale and it’s unclear how long that setup might last.

Other cities in Canada and the United States grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg’s problem has dragged on the longest.

Randy Hull, emergency co-ordinator for the city, said there are new reports of frozen pipes still coming in.

Even with summer-like temperatures, Hull explained, the thaw hasn’t reached the frost that penetrated deep into the ground.

THE CANADIAN PRESS

Frosty reception

Winnipeg is still reeling after a long, harsh winter:

- **400 properties still affected.** This is down from 1,200 properties in March.
- **Record breaker.** Frost penetrated the ground up to nine feet over the winter — a record level in the last 130 years.

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HONDA

Coalition talk emerges along provincial campaign trail

Planning for a minority government. Horwath, Wynne attack each other, then Hudak

With polls suggesting the possibility of an indecisive election result, chatter about a potential coalition government has started to dominate the Ontario campaign trail.

The talk of what might happen in the event that voters hand the winning party only a minority of seats included pointed barbs hurled by the leaders at their rivals on the issue over the weekend.

Striking back

"The last thing I'm going to do is take lessons on principles from a corrupt Liberal party."

NDP Leader Andrea Horwath, in response to Wynne's criticism of the NDP refusing to rule out supporting a Hudak-led government.

Liberal leader Kathleen Wynne warned that voting New Democrat could put Progressive Conservative Leader Tim Hudak in the premier's office as head of a minority government.

Wynne called it "shocking" that NDP Leader Andrea Horwath has refused to rule out propping up a Hudak-led government if no party wins a commanding majority after June 12.

Horwath, the leader of the third party in the last legislature, hit back at Wynne by attacking the Liberal record, which includes several scandals.

Among them is the cancellation of two gas plants three years ago that will end up costing taxpayers more than $1 billion.

"The last thing I'm going to do is take lessons on principles from a corrupt Liberal party," Horwath said.

The New Democrat accused Wynne of grasping at straws in an effort to distract voters from the wasted public money.

"Andrea Horwath's NDP is a party that used to have principles," Ontario Liberal Leader Kathleen Wynne, left, said over the weekend as party leaders shared jabs about a possible minority government. "(The NDP) used to stand for something," Wynne added. AARON LYNETT/THE CANADIAN PRESS

Despite her refusal to rule out a possible coalition or support of another party after the vote, Horwath slammed Hudak's pledge to slash the civil service as she said her aim was to overcome the odds and form a government.

"I am running to be premier of this province," she said. "I will never support any plan that fires 100,000 hard-working people."

The Tories have flatly shot down the idea of teaming up with anyone else.

Ontario has twice had minority governments in recent years.

In 1985, the Liberals and NDP signed a two-year accord to replace the newly elected minority Tory government under then-leader Frank Miller.

The Liberals agreed to implement New Democrat policies but pulled the plug two years later. The Liberals won the ensuing election by a landslide and the NDP lost seats.

In the last provincial election in 2011, then-premier Dalton McGuinty hung on to office despite lacking a majority when the New Democrats agreed to support his government.

Horwath forced the current election by refusing to support Wynne's budget, saying the Liberals could not be trusted to implement its commitments.

THE CANADIAN PRESS

PC policies shaped by radicals: Grits

Ontario Conservative Leader Tim Hudak watches his daughter Miller Hudak, 6, select a doughnut during a campaign stop in Toronto on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

The Liberals are accusing Progressive Conservative Leader Tim Hudak of adopting policy ideas from "right wing extremist radical elements" stateside after they say he met with some major conservative thinkers in Washington, D.C.

Liberal Economic Development Minister Eric Hoskins says a leaked itinerary from Hudak's 2012 trip to the American capital shows he met some big-name groups known for espousing free-market views.

The list includes officials with think tanks such as the Heritage Foundation, Cato Institute, Brookings Institute, American Enterprise Institute and anti-tax political activist Grover Norquist.

Hoskins says that since meeting with what he called "radical factions of the Republican (Party) movement" Hudak has unveiled some decidedly like-minded positions in Ontario, such as his campaign pledge to cut 100,000 public sector jobs if elected.

But the Tories say the Liberals are dredging up a "year-old news story," stating Hudak has been open about how he develops his ideas and that one meeting on the trip — with consultant firm Greener and Hook — was already reported.

New Liberal ad

"This just isn't about bad math for Tim Hudak. It's about leadership."

Part of a Liberal ad rolled out Sunday that criticizes Hudak's "million jobs plan"

The Liberals have themselves gone south for political advice in the past, tapping ex-Barack Obama adviser David Axelrod for help prior to the 2003 election.

Hoskins said Hudak's Tories have adopted "radical" measures such as the proposed public sector cutback and a since-dropped pledge to bring in a so-called "right-to-work" overhaul of union rights in the workplace.

"It's not just about who he consulted with. It's the advice that he received and took," Hoskins said Sunday, asserting that ideas from the U.S. groups popped up in their election platform. THE CANADIAN PRESS

Political attacks. More bombshells to drop in relatively tame race: Prof.

Despite allegations of corruption, recklessness, dishonesty and possibly criminal behaviour that have sprouted like noxious weeds on Ontario's campaign trail, this election has not been especially nasty, experts say.

However, they say, that's likely to change before voting day.

"It doesn't look that much out of the ordinary," said Dennis Pilon, a political science professor at York University. "(But) there's going to be new bombshells dropped, particularly close to election day, when it will be too late and too difficult for campaigns to respond."

So far, the three main political camps have largely tended to avoid firing their mud cannons directly at the rival party's leader, hoping instead enough dirt will stick by innuendo and association.

Whether the mudslinging proves effective in persuading people to vote one way or another — or perhaps not at all — remains to be seen, but it does appear to get people to take notice.

"By using those extreme terms, you certainly get the attention," said Alan Middleton, professor of marketing at York's Schulich School of Business. "What mud sticks: That's the key game that's going on."

The most pointed barbs to this point have come from New Democrat Leader Andrea Horwath and rival Progressive Conservative Leader Tim Hudak.

At almost every turn, they have tried to paint the governing Liberals as scandal-riven, untrustworthy and worse.

Hudak, too, has tried to tie the Liberals — and Kathleen Wynne in particular — to corruption. THE CANADIAN PRESS

An improvement?

"It's been more policy-related rather than this person is a bad person."

Western U professor Cameron Anderson on the tone of the election campaign

Decision Ontario

JESSICA SMITH CROSS
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ANDREA HORWATH:

In the first in a series of Metro interviews with provincial leaders ahead of the June 12 election, Andrea Horwath talks about making ends meet: for citizens and at Queen's Park. For video highlights, go to metronews.ca.

STANDING ON THE PRAIRIE GIANT'S SHOULDERS

NDP Leader Andrea Horwath says a Sudbury woman has electric heating, a $15,000-a-year hydro bill and not enough money for a retrofit.

"I know that families need a break," she said. "They tell us all the time that they can't pay their bills and they can't afford everyday life. And I'm going to listen to those people and find solutions that make sense to them."

Horwath defended her flagship plan to take the HST off home hydro bills in an exclusive interview with Metro last week, as part of our series of one-on-one meetings with provincial party leaders.

Metro's Matt Elliott had questioned how the HST plan aligns with the NDP's progressive history in a recent column. He wrote that, as it is a percentage of the total bill, it "saves a bit of money for the low-income person in a tiny apartment without air conditioning and a lot of money for the rich family in the 6,000-square-foot house with an indoor pool and a heated driveway."

"People shouldn't be falling off their chairs in shock — no pun — when they open their hydro bills," said Horwath, in response to the column.

"I think it's not a good thing to make assumptions about how this will affect low-income people or everyday people. It's something that I've heard from lots of different people that will make a big difference in their lives and that's why we're committed to it."

In the interview, Metro asked about a letter written by a group of established NDP members who charged that Horwath had taken the party to the right in an attempt to win conservative votes. The letter specifically took issue with prioritizing paying down debt.

When asked about the letter, Horwath said NDP father of medicare Tommy Douglas also believed getting out of debt should be a priority so that more money could go into policies that help people rather than interest payments.

"I actually walk in the footsteps of the Prairie giant (Douglas), I walk in the footsteps of New Democrats like Roy Romanow, like Ed Broadbent, frankly, like Gary Doer from Manitoba who know that first and foremost we're using the public purse for the public good," said Horwath. "That's certainly a tradition that I'm proud of."

Asked about how that rationale fits the $815-million-a-year plan to take the HST off hydro bills — the most expensive new promise in her party's platform — Horwath said she remains committed to traditionally progressive policies.

"I'm going to put $100 million into stabilizing our child-care system, because parents should be able to access child-care that is affordable, that's licensed and that meets their needs," she said.

She pointed to the Liberal government raising the minimum wage to $11, tied to inflation, and Horwath said her party wants to raise it higher. She's announced she would like to see it at $12 by 2016 (although that promise was not mentioned in the party's platform documents).

"We think it makes sense to try to give people the opportunity to make ends meet, when it comes to their paid employment. At the same time, we want to make sure that the mom-and-pop businesses on Yonge Street and all the vibrant great retail districts across the GTA, across London, across Hamilton, across all of the municipalities continue to thrive. And so that means, in a small way, reducing those small business taxes so they're able to pay higher wages to their staff."

Horwath also pledged to set up a minister of Savings and Accountability tasked with finding $600,000 a year in government waste. She said an NDP government would look to reduce middle management in the civil service but couldn't say how many jobs her government would eliminate.

She also suggested taking a page from home economics and buying in bulk.

"I know so many people who are trying to make savings at the end of the month, to try to make their budget work, who buy at the Bulk Barn, for example, because it's frugal," she said.

"We should be doing that kind of thing in government.... And I certainly won't be spending $1.1 billion on gas plant cancellations. That's for darn sure."

Liberal "corruption" has been a theme of her campaign.

"You know it's interesting: From Day 1 in this campaign, Ms. Wynne has been trying to run away from the Liberal record, when in fact that's very much exactly what this campaign is all about. I will certainly not stand by and allow the Liberals to try to sweep their record of waste, their record of scandal, their record of corruption, under the carpet," she said.

Horwath wouldn't speculate on her ability to work with the Liberal party if the legislature ends up in a minority situation.

"I'm not going to presuppose where we're going to end up on June 12," she said.

"This is a very interesting time for Ontario and a very good opportunity for the people of this province to think seriously about what kind of government they don't want, and what kind of government they do want. I'm going to give them the respect of letting them make that decision before I presuppose any possible outcomes.

"What they can know for sure is that after June 12, whichever role they give me, whichever position they honour me with when the time comes, I will work diligently on their behalf."

Highlights

... on corporate taxes:

"We're going to roll back some of the corporate tax (cuts) that the Liberals have implemented, so we're going to take that corporate tax rate up just by one per cent, very modest."

... on tax increases for high-income earners:

"We were proud to be the first jurisdiction in North America that's even gone down that road, to put a higher income tax in place. I think because we had the courage to do that in the first budget of this minority parliament that we've just seen end, I think that provided opportunity for that kind of initiative to continue."

... on the NDP's proposed caregiver tax credit:

"If you have an elderly mother or father or aunt or uncle or an adult child that you're taking care of who may have disabilities, we are going to provide a $1,275 tax credit to help defray the cost of the care that you're providing to those family members."

... on electoral reform:

"It's something that we know needs to be considered here in Ontario and frankly in Canada, but the challenge is that there hasn't been a great deal of commitment to really engage Ontarians, to engage Canadians in that discussion. The last time we had a chance to do that the (Liberal) government of the day failed."

... on creating an Ontario pension plan:

"We're into a federal election no matter what next year and we're going to get a sense of whether or not we're going to get national leadership on this issue in 2015 with a new prime minister. If we're not, then there's certainly plenty of time for us to look at the Ontario situation in isolation from the rest of the country. And we're prepared to do that."

... on the issue of a guaranteed minimum income:

"It's not something that is part of our plan at this point, but I certainly have been paying attention to the debate and I've been listening to it with great interest."

Indians outraged over murder of two teen girls

Uttar Pradesh. The girls were raped, killed and left hanging from a mango tree; it has caused national outrage

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies.

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, Saxena said.

The suspects, who are cousins in their 20s, face murder and rape charges. Authorities also have arrested two cops and suspended two others for failing to investigate when the father of one of the teens reported them missing.

India has a long history of tolerance for sexual violence, but the attack on the girls has caused outrage across the nation. THE ASSOCIATED PRESS

Protesters in New Delhi Saturday demonstrate against the rape and murder of two teen cousins. THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son, Drew, and a business partner confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for $88 million — an agreement that ended a very public feud over the Inquirer's business and journalism direction. Lenfest said Sunday that the deal will be delayed but will proceed.

Katz and Anne Leeds, a retired preschool teacher who was Katz's next-door neighbour and who also died in the crash, were among the 200 or so guests at the Concord, Mass., home of author Doris Kearns Goodwin on Saturday afternoon, her representative said. The event was to support an education initiative for Goodwin's son Michael. Afterward, the author joined Katz, her friend of nearly 20 years, and others at dinner, where they talked about their shared interests, Goodwin said.

"The last thing he said to me upon leaving for the plane was that most of all what we shared was our love and pride for our children," Goodwin said.

Katz once owned the NBA's New Jersey Nets and the NHL's New Jersey Devils. He made his fortune investing in the Kinney Parking empire. THE ASSOCIATED PRESS

Recovery of Mt. Rainier climbers uncertain

This photo shows the Liberty Ridge Area of Mount Rainier as viewed from the Carbon Glacier on Saturday. NATIONAL PARK SERVICE /THE ASSOCIATED PRESS

Mount Rainier National Park officials said that due to dangerous conditions there are no immediate plans to recover the bodies of six climbers who likely fell thousands of feet to their deaths in the worst alpine accident on the Washington state mountain in decades.

Continuous ice and rock falls make the area too dangerous for rescuers, park spokeswoman Patti Wold said Sunday morning. The area will be checked periodically by air in the coming weeks and months, she said.

Wold added that "there's no certainty that recovery is possible given the location."

Park officials believe the group fell 1,000 metres from their last known whereabouts of 3,900 metres on Liberty Ridge.

"It's inconceivable that anyone survived that" fall, Wold said. Officials have not released the names of those who died.

A helicopter crew on Saturday spotted camping and climbing gear in the avalanche-prone area. Air and ground searches were suspended late Saturday afternoon.

The group was on a five-day climb of the Liberty Ridge route, one of the more technical and advanced routes, and were scheduled to reach the summit of Mount Rainier on Thursday, with a day to climb down.

The missing group includes four clients of Seattle-based Alpine Ascents International and two guides.

When they did not return on Friday, the climbing company notified park officials. THE ASSOCIATED PRESS

Israel

Netanyahu urges Palestinian unity gov't be shunned

Israel's prime minister on Sunday urged the world to shun the emerging Palestinian unity government due to its ties to the Hamas militant group, rejecting Palestinian pledges that it will be a government of technocrats that will accept peace agreements with Israel and eschew violence.

The comments by Benjamin Netanyahu set the stage for what is likely to be a tough battle for international opinion.

While Israel has made clear it will reject the new government, the reactions of the EU and the U.S. will be critical. THE ASSOCIATED PRESS

Cambodia

Seven die in a well while trying to retrieve 75 cents

Seven people died from a lack of oxygen after climbing down a well in Cambodia to retrieve about 75 cents, police and relatives said Sunday.

The incident happened late Saturday in the northwestern province of Siem Reap when an 11-year-old boy and six other people went into the well to collect 3,000 riel (75 cents).

The boy's older sister, Che Chhan, said their father had accidentally dropped the money.

She said her 13-year-old sister and 15-year-old brother also died, and four neighbours. THE ASSOCIATED PRESS

Cameroon

Nun and two priests freed after abduction

A Canadian nun and two Italian priests have been freed two months after they were abducted by armed groups in northern Cameroon, authorities said Sunday.

Gilberte Bussiere, a 74-year-old originally from Asbestos, Que., was kidnapped on April 5 along with Gianantonio Allegri and Giampaolo Marta.

All three had been working as missionaries. Bussiere's cousin, Michel Belanger, who still lives in Asbestos, said the family felt relief after weeks of worry.

"We were almost expecting the worst," he said. THE CANADIAN PRESS

More online at metronews.ca

- **Is your speech more American or British?** A defining facet of Canadian English is the tension between American and British dialects. Take a quiz to find out whether you sound more like a Brit or a Yankee.
- **Listen up, hosers!** Listen to Dr. Charles Boberg as he wraps his tongue around Canadian English and describes some regional differences in pronunciation.
- **Canadian English from coast to coast.** Help Metro chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.

Canadian English: From eh to zed

Bunnyhug, chesterfield and tuque. Little is more tied to Canadian identity than the words we use

LUKE SIMCOE
Metro Online

The term "Canadian English" was simultaneously coined and admonished by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geike may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English, for example. The entire existence of Canadian English is due to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, became the lingua franca of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

Just the (fund and MER) facts

HOW TO ROLL
Alison Griffiths
metronews.ca

Not long ago, mutual fund investors were treated in the same way as patients in the medical system of old. "We'll tell you what we think you need to know when we think you need to know it."

Cost, performance and risk — three essential ingredients of investing — could be ignored completely when advisers sold mutual funds to clients. Fund Facts, an initiative of the Canadian Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund's Top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost or fund expenses (called the Management Expense Ratio or MER), are detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you $21.20 for every $1,000 invested.

However, some firms don't make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also, missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent then your fund is an underperformer.

Still, Fund Facts has been a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

'Red card for FIFA!'

Demonstrating outside the National Stadium in Brasilia, protesters hold up a poster that reads in Portuguese "Red card for FIFA!" on Friday as they protest the money spent on the World Cup. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which will see little use after the big event, critics say. ERALDO PERES/THE ASSOCIATED PRESS

London CANADA

Partnership Opportunity for New Multi - purpose Recreation Facility

The City of London is currently looking for a non-profit partner(s) that is willing to invest in the design, construction cost, partial finance, maintenance and/or operation of all, or part(s) of, a new Multi-purpose Recreation Facility in the Southwest area of the city.

This $40 million project will contain an indoor pool, double pad arena, gymnasium, community centre space and the potential for community and/or health and wellness tenants and will be located at Bostwick and Southdale Roads.

For full details visit www.london.ca/tenders see "Bidding Opportunities" file reference REOI & RFQUAL 14-05 or contact Chris Ginty, Procurement Officer at 519.661.2500 extension 4716 or cginty@london.ca

Deadline for submissions is 2 pm on Tuesday June 17, 2014

Health Canada deals with the 'greenrush'

There's no business like grow business.

Health Canada is struggling to process a mountain of applications for licences to grow medical marijuana as the country experiences a "greenrush" of firms wanting to grab a piece of the coming boom.

The department had received 858 applications as of late last month, and new ones were coming in the door at an average of 25 a week.

The application frenzy has drawn basement growers, well-heeled entrepreneurs with pharmacy expertise and even struggling junior mining firms trying to find a lucrative new business line.

Health Canada radically changed the rules for medical marijuana on April 1, moving approved production from a cottage industry of thousands of loosely regulated growers to a commercially competitive sector, with an anticipated 50 larger companies shipping high-quality weed in dozens of strains.

Prices are being set by the free market, and Health Canada is imposing no limit on the number of sanctioned indoor weed farms, as long as they can pass regulatory muster.

Officials began accepting applications for grow licences a year ago, but the initial trickle of forms has turned into a torrent. THE CANADIAN PRESS

Alberta

Desmond Tutu calls oilsands 'filth'

Archbishop Desmond Tutu didn't mince words on Alberta's oilsands Sunday.

"The fact that this filth is being created now, when the link between carbon emissions and global warming is so obvious, reflects negligence and greed," Tutu told attendees at a conference on oilsands development and treaty rights in Fort McMurray.

THE CANADIAN PRESS

HBO's Silicon Valley

Hey, geeks like to navel gaze, too

When HBO rolled out a mockumentary poking fun at high tech this spring, Silicon Valley checked it out.

Some were not amused at first. But now many of the biggest names in the Silicon Valley are singing its praises on the region's virtual water coolers. Some local techies are even gathering en masse to watch actors playing techies on TV.

THE ASSOCIATED PRESS

Capital gains

Stock market plunges in Egypt on news of new tax

Egypt's stock market witnessed a sharp plunge Sunday that forced a temporary suspension of trading. The plunge followed reports of a proposed government tax on capital gains. Experts said the tax was hardly explained to investors.

Stock market profits are currently tax-free.

THE ASSOCIATED PRESS

NAVIGATING THE NEW HOMOPHOBIA

URBAN COMPASS

Todd Devlin
london@metronews.ca

Striving for equality is a funny business.

For every few strides forward, it seems there is a stride backward. And, unfortunately, those backward strides — even if they're subtle — impede progress.

Michael Sam, a college football player from Texas, became the first publicly gay player drafted by a National Football League team last month. He was taken in the seventh and final round (249th overall) by the St. Louis Rams. If he makes the team, Sam will also become the first active openly gay player.

Some believed Sam was drafted later than he deserved because of his sexual orientation. The NFL (and professional sport in general), they argued, is inherently prejudiced towards the LGBT community.

But there were others who argued essentially the opposite — that the only reason he was drafted was because he is gay. People in that camp (in the media and on Twitter) argued the 24-year-old had a bad combine (for all the non-sports fan, that's a pre-draft workout in front of scouts).

Soon, though, I started wondering how many of those people had ever heard the term "combine" before. In other words, the "combine," it seemed, was serving as a defence against accusations of homophobia.

Besides those who overtly voiced their homophobic views (including Miami Dolphins safety Don Jones, who tweeted "OMG" and "horrible" after Sam was selected), there also seemed to be a population out there who took a more subtle route in their discrimination. You know, this type of thing: "I don't have anything against gay people. But ..."

There seems to be a lot of that going on these days in the discrimination world.

It has been said that denying racism is the new racism. And, in fact, we even saw a bit of that more covert form of discrimination during the Donald Sterling saga last month, when the National Basketball Association owner was banned from the league for life after audio recordings surfaced with him making racist remarks.

There may not have been many apologists, but there were attempts to reframe the incident. Some (in the media and on Twitter) turned their focus on the woman at the other end of the phone call involved. She baited him, some said. Was she after money? Fame? Some asked: Is it right to record private conversations?

I would like to know if anyone truly believes that racist remarks — however blatant — should get a "pass" if they were said in private.

When Michael Sam shared a congratulatory kiss with his boyfriend, some on the Twitterverse felt ESPN's coverage (which seemingly had the kiss playing on a loop) was "over the top" and "in our face."

We've come a long way in the fight for equality. So far, in fact, that nowadays this covert form of discrimination — whether it's racism or homophobia — is sometimes all that bigots have to cling to. But racism and homophobia — covert or not — are still racism and homophobia. And so the fight continues, to stamp them out for good.

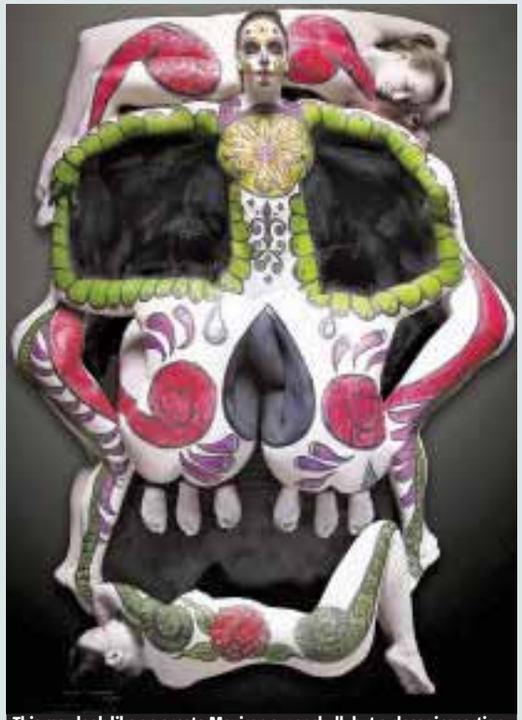
ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. **MWN**



This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

Artist's viewpoint

"I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating."

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

"The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me," he said. "Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals." **MWN**

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In this issue, you can find AR enhancements on pages 9 and 15 in Scene and page 22 in Sports

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. Woolly World Cup wonders not so baaad

To celebrate the country's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder "James Rodriguez," whose two-footed namesake plays for French club Monaco. **THE ASSOCIATED PRESS**

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

- "The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured," said Ramiro Barragan, Nobsa's mayor.

metro

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See that symbol? It means you can scan the photo below with your Metro News app. Song of the summer? We have the Want U Back music video

Ebooks

Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with $70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

Cher Lloyd wants to apologize for being late

Comeback kid. After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY
Metro World News in Boston

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

Lyrical analysis

- **A butt and a rack.** Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

A tale of male ego gone horribly wrong

Sharlto Copley. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

South African actor Sharlto Copley has put a lot of thought into the decisions his character, Stefan, makes in Maleficent, betraying the title fairy (played by Angelina Jolie) and setting her on a path of revenge. And those thoughts quickly became a lot of thinking about society, gender roles and the male ego.

Stefan is pretty much the villain in this story, but you can't really oversimplify him as such, can you?

I don't like playing villains. I'm not an actor who enjoys it more. But in this case, I felt like this was an opportunity in a very female-centred film to play the kind of cautionary tale for men of what can happen to that male ego, the male desire and ambition for power. It's a very stereotypically male trait. And when that runs away with itself and is left unchecked, what happens then? How many stories can I tell you of very successful men who destroyed their families — they traded in their wives for younger versions as soon as they were successful, they didn't spend time with their kids. That's what King Stefan is in an extreme version. I'm guessing there's very few billionaires who were faithful to their wives. I'd be fascinated to see the stat on that.

I was joking to a friend that the film could be seen from Stefan's perspective as a cautionary tale about crazy ex-girlfriends.

It is definitely also a cautionary tale about crazy ex-girlfriends, I could see that working. "Sorry, this is really awkward." That's great.

Billboard charts #trending140 music

Tracking the tweet sounds of success. Twitter users can help their fave songs and artists climb the charts — at least for a few minutes at a time

At approximately 2:30 p.m. ET on Sunday afternoon, Nicki Minaj's Pills N Potions topped the Trending 140 chart. Half an hour later, the song had been knocked off its pedestal to land at No. 2. GETTY IMAGES FILE

For music fans who remember a time when the "web" was nothing more than half the title of a book about a magical spider, the charts were much more than just a scorecard of popularity. They implicitly validated — or challenged — the legitimacy of your own taste.

They meant, as writer/Saint Etienne founder Bob Stanley has put it, "competition, excitement in league-table form, pop music as sport."

"The charts dictated what you heard on the radio, what you saw on TV, how high your heroes' stock had risen." (They're also the reason why the Beatles/Stones dichotomy has endured for decades as the source of both boozy disputes and philosophical treatises.)

Which brings us to the launch of the perfect iteration for the post-Charlotte's Web era: Billboard's real-time Twitter music chart.

Two charts, actually: The Trending 140 (named after, of course, the maximum number of characters in a tweet) and Emerging Artists.

Designed to track the minute-by-minute ups and downs of the most shared songs on Twitter (only, for now, in the U.S.), the charts have, as with most new things, already inspired their share of derision.

"How long until an artist is pitched as 'Number 1 (for two hours on Sunday afternoon)'?" said Pitchfork music critic Eric Harvey on (what else?) Twitter.

"Are record companies going to start handing out plaques based on you spent seven minutes on the chart on May 27?" says Billboard president John Amato. "No, but I don't think that was our goal. For record companies, we want them to use this as promotion, and for fans we want this to be a game as well as a discovery engine. For artists, we want them to be able to spark real conversations with their fans ...

Twitter for measure

"Are record companies going to start handing out plaques based on you spent seven minutes on the chart on May 27? No, but I don't think that was our goal."

Billboard president John Amato

"Everybody's trying to find new music. The Beatles' Abbey Road might be the greatest album ever made, or Michael Jackson's Thriller or Guns N' Roses' Appetite for Destruction, but you don't want to listen to just that for the rest of your life. So we're all trying to find what our next favourite song is going to be.

"We want something people can engage with more frequently."

That jacked-up frequency cuts both ways. On the one hand, "Nothing is cooler than tweeting for your favourite artist, then seeing that artist go from 12 to 2" on the chart, Amato says. "You actually have a cause and effect. You get to see what you're doing in real time."

On the other, the ludicrously transitory nature of a Twitter trend seems antithetical to the very concept of a chart. Historically, it's always been a snapshot. Now it's a video being made by an audience of thousands, if not millions, each shooting a different scene.

So what comes next? Will the data behind the new, ever-shifting Twitter charts ultimately be incorporated into Billboard's main album and singles charts?

Yes, says Amato, adding "Now, what that means, we don't know. But our job is to quantify music and legitimate fan-intended consumption of music. So, as the way that consumers consume changes, we will fervorously fight to incorporate that into our charts. Because we want to be an authentic representation of what's going on right now."

It's all a long way from the charts as "perfect time capsules," as Stanley memorializes them in his memoir/history Yeah Yeah Yeah. Back then, they could "cover all pop genres with no favouring the hip or the entitled, the homebodies or the voyagers."

"Pop is a decades-long love affair."

We'll see if it will flourish from hour to hour.

TORSTAR NEWS SERVICE

Jack White. GETTY IMAGES FILE

Beat the band. White sorry for off-Black Keys remarks

Jack White has issued a written apology to The Black Keys, his former bandmate Meg White and others over comments he made in a recent Rolling Stone magazine interview.

Last year, his personal opinions about The Black Keys were revealed when his ex-wife included a message from him in their divorce case. He was asked again about the band during the recent interview and told Rolling Stone he felt The Black Keys were capitalizing on a sound he helped make popular.

White explains in a letter dated Saturday on his website that he thought it would have seemed petty if he had declined to discuss the issue with the magazine.

In his letter, he spoke positively of the Black Keys, who are also based in Nashville and got their start as a bluesy two piece like White's own White Stripes. THE ASSOCIATED PRESS

Killer ending. Hall consigned to Dexter-ity

It took almost a year, but Michael C. Hall has finally revealed how he truly feels about the much-loathed Dexter finale.

While clearly still biting his tongue a little, Hall reveals to the Daily Beast that he, too, thought the final episode wasn't that great and admits the show went on a little too long for its own good.

"I thought it was narratively satisfying — but it was not so savoury," Hall says in the interview.

"I think the show had lost a certain amount of torque," he adds. "Just inherently because of how long we'd done it, because of the storytelling capital we'd spent, because our writers may have been gassed. Maybe some people wanted a more satisfying — maybe they wanted a happy ending for him, either a happy ending or a more definitive sense of closure. They wanted him to die or something, but I think the fact that he's sort of exiled in a prison of his own making is, for my money, pretty fitting."

THE ASSOCIATED PRESS

Michael C. Hall as Dexter. SHOWTIME

Open to closure

"I think the fact that he's sort of exiled in a prison of his own making is, for my money, pretty fitting."

Michael C. Hall

Liberating role play

A still from The Hunger Games. MURRAY CLOSE

Kabam hopes mobile Hunger Games catches fire

The Hunger Games is becoming a mobile game. Interactive entertainment company Kabam has announced an agreement with film studio Lionsgate to make a title for play on smartphones or tablet computers based on the dystopian books and films. Kabam's vision for the game included casting players in roles as District members out to build alliances and liberate themselves in the spirit of the story told in the books on which the film is based. AFP

Under false colours

Censored poster spills Bean as spy in new TV Legends

Sean Bean in the new TV show Legends. AFP

Legends, produced by Howard Gordon, the man behind Homeland, has revealed new poster art in the form of a censored memo. After playing Lord Eddard Stark in Games of Thrones, Sean Bean will take the role of Martin Odum, a CIA agent working under false identities. A true chameleon, he is capable of changing his personality for each of his missions, but he will begin to ask questions about his true identity. In the U.S., the TV show will premiere on Aug. 13 on TNT. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A castle fit for the wedding of King George?

STARGAZING
Malene Arpe
scene@metronews.ca

George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of $350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Michael C. Hall admits he doesn't know if he even watched the finale of Dexter. Experts reckon that as Michael doesn't have a persistent urge to punch his television whenever the word "lumberjack" is mentioned, he didn't.

This week in apologies: 1) It's not true that the matter of Chrissie Teigen and Kris Jenner both wearing a $9,000 Alexander McQueen jacket during the Kimye wedding celebrations was resolved "by spider fighting." 2) There is no proven correlation between Nikki Reed filing for divorce and dying her hair blond. 3) When we wrote that Carrie Fisher was "fighting for the buns" in reprising Princess Leia in Star Wars VII, we didn't know she was talking about her hair. We sincerely apologize to Cinnabon for the unkind words.

Pitt prankster faces probation, therapy

Ukrainian prankster Vitalii Sediuk may have crashed his last red carpet. The TV reporter pleaded no contest to battery charges in L.A. Friday following his accosting of Brad Pitt at the Maleficent premiere, resulting in a sentence of three years' probation and 12 months of therapy as well as a restraining order to keep him away from Pitt, Angelina Jolie and their family. Sediuk also made headlines last month for sticking his head up America Ferrera's dress at Cannes and last year for trying to kiss Will Smith on the lips during a red carpet interview.

Vitalii Sediuk

London calling to Lohan

She's London's problem now. Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun. "Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track.

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LIFE 3

Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Keep tabs on small indulgences like workday coffees, which can quickly add up. ISTOCK

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop $100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need $20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending $600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the Journal of the American Osteopathic Association, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was then scoured line by line and compared to trusted, peer-reviewed sources of medical information.

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related disorders, which was accurate at the time of review, according to the experts, although errors could of course be added at any time.

Down-at-heal doctoring

47-70%

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

These conclusions underscore the necessity of double-checking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. AFP

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FLASH FOOD

From your fridge to your table in 30 minutes or less

During the warmer months, I love a healthy pasta salad that can be served at room temperature.

I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal.

This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp

Hoisin sauce

- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt

Garnish

- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

This recipe serves four. ROSE REISMAN

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl, combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

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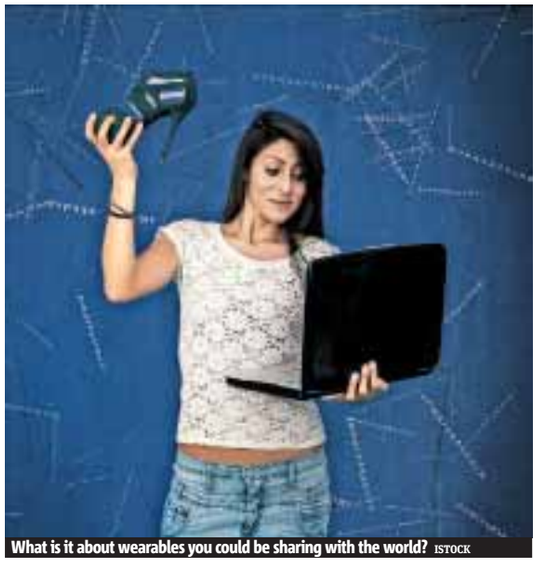
What is it about wearables you could be sharing with the world? ISTOCK

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."
Freddy Rodriguez
Author of blog, Blue Perk

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Charchian, 20, is still a student, but the blogger behind Fashionisto Diaries already has a manager.

Charchian credits his start in Washington, D.C., where the fashion blog scene was not as crowded as the one in New York, as an advantage; even as a high school student, he received invitations to fashion events around the city. F.I.T. seemed like a natural fit when he applied to college and Charchian has been taking advantage of life in New York City by taking on various internships at Vince and now at Tumblr.

"The things I'm passionate about I take 110 per cent," he said. "I will admit there were times I could be so much more studious, but I love my blog and I love what I do."

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LESSONS FROM THE DESERT
Stéfan Danis
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The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

What's in our head when facing a big challenge? In the Gobi desert, I ran the first four marathons without much of a care. On the fifth day, a double marathon, I spent 10 hours with myself, questioning my capabilities.

The more my inner judge examined my weaknesses and doubted my abilities, the slower I ran. The self-fulfilling prophecy was realized and I learned a lesson that day: Were I to run an ultra-marathon again, I now knew I had the physical ability to thrive, but I needed to retune my inner voice. One year later, I signed up for the Sahara Race and went to work.

The reward of the record

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I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I would also pay attention to my speed. Afterwards, I would listen to the conversations with a coach, dissecting each one and then correlating them to the speed at which I ran.

There was a mash-up of feelings, such as "I'm hurting," or "I'm bored," interrupted periodically with unfocused thoughts such as "I wonder what I'll have for breakfast."

As my coach and I listened to the recordings and cracked up at the ridiculousness of my running commentary, I rapidly came to understand that while my brain was firing off thoughts on the run, I was no longer fully in the moment. It was as if my thoughts consumed energy, depleting me and resulting in a slower running time than I was capable of.

I also discovered that we can tell ourselves incredibly disempowering, and at times even hurtful things, as opposed to uplifting ones.

In the end, the sheer act of voicing my inner thoughts to the recorder started to interrupt these thoughts. The recordings would in time deaden the voice.

It doesn't matter what hurdles we face — you can count on being hijacked by your feelings. Odds are, if you notice and record them, they will disappear, allowing you to replace them with thoughts that will help you reach your goals faster.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

MLB

BoSox bounce back, tie league record after Rays sweep

A little infusion of youth and a solid start by Jon Lester kept the Boston Red Sox rolling along.

Lester pitched seven shutout innings and Brock Holt drove in two runs with one of his major-league record-tying four doubles to lift the Red Sox to their seventh straight win, completing a three-game sweep over the reeling Tampa Bay Rays with a 4-0 victory on Sunday.

Boston's streak follows a 10-game skid, its longest in 20 years. The Red Sox said that matches a major-league record for consecutive wins after a double-digit losing stretch.

THE ASSOCIATED PRESS

MLB

Rookie tosses first complete game

Rookie Roenis Elias pitched a three-hitter for the first complete game of his career, leading the Seattle Mariners past the Detroit Tigers 4-0 Sunday.

Elias (4-4) struck out eight and walked one in his 12th major-league start, and the first one to last longer than seven innings.

The 25-year-old left-hander from Cuba kept Detroit off balance with his curve, striking out five with the breaking ball. The Tigers only put one runner in scoring position, and Elias matched a career high with 111 pitches.

THE ASSOCIATED PRESS

CFL

Kackert steps off field, into the gym

Head coach Scott Milanovich will have to look for another big-play threat coming out of the Toronto Argonauts backfield this season.

Veteran halfback Chad Kackert retired Sunday, the opening day of the CFL team's training camp. The five-foot-eight, 206-pound Kackert led Toronto to victory in the historic 100th Grey Cup in '12 but has been slow recovering from a broken left leg suffered prior to last year's East final.

Kackert, 27, will remain with the Argos as their strength-and-conditioning coach. THE CANADIAN PRESS

Jays' Buehrle earns MLB-best 10th win with shutout

Toronto Blue Jays pitcher Mark Buehrle pitches against the Kansas City Royals at the Rogers Centre in Toronto on Sunday. Buehrle pitched eight sharp innings to become baseball's first 10-game winner, Edwin Encarnacion homered again and the Blue Jays beat the Royals 4-0. Buehrle (10-1) won his sixth straight decision. He gave up six hits, walked one and struck out three. VINCE TALOTTA/TORSTAR NEWS SERVICE

Early Bird still first in line despite delay

Golf. Tournament once again kicks off season for 100 'thrilled' amateur players, with Greenhills' McIntosh leading the pack

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The Early Bird golf tournament, despite being pushed back two weeks, remained the early bird for the sport this weekend.

St. Thomas Golf and Country Club general manager Rob Mason said that was the reaction he heard from many of the 100 amateur players on hand for the 65th edition of the two-round tournament Saturday and Sunday.

Mason said the players were "thrilled to be here and competing," with all the other tournaments cancelled because of the horrible winter and spring this year.

"So this is kind of the starting point for them," Mason said.

The tournament is usually held on the Victoria Day weekend and even with the delay, the entire course was not available.

The second and sixth holes were not used and the 16-hole course played to a Par 64, rather than the normal 72.

"We were thinking two weeks would just give us enough time to get back to normal, but of course we never got any spring weather," Mason said.

Mason said he was still happy with the field, which included top local players such as Brett McIntosh, of Greenhills, Drew Symons, of Woodstock, and Brantford's Stephane Dubois.

McIntosh won the championship in a playoff over Dubois.

The tournament has long been considered one of the best amateur events in the province.

Mason, despite his optimism, said the road ahead may not be pretty.

"In our particular area, we are overbuilt with golf courses," he said.

"When you combine that with a sport that's declining and the economy, it's not a good combination."

Mason said the game of golf has gone through many cycles "since the early 1900s," with the last major upturn coming in the '90s.

"The result from the last boom is that there were a heck of a lot of golf courses built, and there are just not enough people to fill them," he said.

Despite the bad weather, Mason said the past "eight or nine days" has put most of the local courses back on track.

"We're all coming out of it almost at the same time, it seems. There are a lot of the clubs now down to just a few temporary greens."

Shrinking demand

"The result from the last boom is that there were a heck of a lot of golf courses built, and there are just not enough people to fill them."

St. Thomas Golf and Country Club general manager Rob Mason, on the future of the Early Bird tournament and golf in London as the sport's popularity declines

4 SPORTS

A sequel between near-equals

NBA playoffs. Spurs get chance to get even against Heat in championship rematch

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

"I think our guys, they actually grew from the loss last year," Spurs coach Gregg Popovich said. "I call it fortitude. I think they showed an unbelievable amount of fortitude. If I can compliment my own team humbly, to have that tough loss, especially the Game 6 and not have a pity party and come back this year and get back to the same position, I think that's fortitude."

It's the league's first finals rematch since Chicago and Utah played in 1997 and 1998.

It's almost like the Spurs wanted to feel the hurt from last season's loss at times. Popovich showed the Spurs clips of Games 6 and 7 early in training camp this season to speed up the healing process.

"We were just trying to put it away, just get over that part of it, learn from it, and move forward from there," said Duncan, a champion in 1999, 2003, 2005 and 2007.

Move forward, they did.

San Antonio won 62 games in the regular season, the best record in the league. One of those wins was a 24-point romp over Miami, on the same floor where this series will start on Thursday.

The Heat know what wanting revenge feels like. They lost the 2011 finals to Dallas, then opened the next season on the Mavs' floor and simply blew them away.

Heat forward Chris Bosh called it "extra motivation" for the Spurs.

"It's just something that we have to deal with, and we know that they're going to be very passionate, and they're going to play some good basketball," Bosh said. "So whoever we play, we just have to continue to keep our approach the same and play good basketball."

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best."

Heat guard Dwyane Wade

LeBron James and Tim Duncan have led their teams all the way back to the championship series for a second season in a row, setting up the first NBA Finals rematch since 1997-98. MIKE EHRMANN/GETTY IMAGES

So for the next few days, the highlights of last year's finals will be played over and over again.

The shot by Tony Parker to win Game 1 in Miami for the Spurs. James' twirl-on-the-rim dunk as the Heat pulled away in Game 2. Spurs guard Danny Green's finals-record three-point display. Ray Allen's shot that saved Miami's season in Game 6. The yellow rope, the precursor to a Spurs celebration that never happened.

All made for an epic series.

The encore could be even better. THE ASSOCIATED PRESS

Bouchard, Raonic enter rarefied air in France

Montreal's Eugenie Bouchard beat Germany's Angelique Kerber on Sunday to reach the French Open quarter-finals. MICHEL EULER/THE ASSOCIATED PRESS

Milos Raonic and Eugenie Bouchard made history for Canada on Sunday as both powered into the quarter-finals of the French Open.

Eighth-seeded Raonic, from Thornhill, Ont., dispatched Spain's Marcel Granollers 6-3, 6-3, 6-3, while Bouchard cruised past Germany's Angelique Kerber 6-1, 6-2.

"I'm not surprised to make my first Grand Slam quarter-final but I would not have thought I would have done it first here on clay," said Raonic. "I've always felt I could play well on clay."

Sharapova storms back

It's unlikely for a player to go from mediocre to nearly perfect in the middle of a match, yet that's what Maria Sharapova did in the French Open's fourth round.

- Shouting and shaking her fists after plenty of points, the 2012 champ reeled off the last nine games to beat Samantha Stosur 3-6, 6-4, 6-0 Sunday and reach the quarters. THE ASSOCIATED PRESS

Raonic will be the first Canadian man to play a Grand Slam quarter-final since Mike Belkin at the 1968 Australia Championships, which was renamed the Australian Open the following year. He is also the fourth Canadian man in history to reach the last eight at a major.

Bouchard is the first Canadian woman to make the quarter-finals in Paris since Helen Kelesi did it in 1989.

Raonic will face second seed Novak Djokovic, a winner over France's Jo-Wilfried Tsonga 6-1, 6-4, 6-1.

Earlier, Bouchard needed 52 minutes to defeat Kerber. She'll face Spain's Carla Suarez Navarro in the quarter-finals.

"I'm confident and I really believe in my skills. I believe I can play with the best girls out there," said Bouchard. "She's top 10, so I respect her. She can play some really good tennis. I was really mentally prepared for anything, for a battle."

THE CANADIAN PRESS

Golf

Matsuyama wins first American event at Memorial

Japanese star Hideki Matsuyama made birdie on the final hole Sunday at the Memorial in Dublin, Ohio, and then won with a par in the playoff for his first American victory. THE ASSOCIATED PRESS

World Cup tune-up

France settles for draw vs. Paraguay

Winger Antoine Griezmann staked his claim for a World Cup starting spot with his first international goal for France, only for Victor Caceres to do likewise and earn Paraguay a 1-1 draw in the 89th-minute on Sunday. THE ASSOCIATED PRESS

Scramble in Brazil

Final test event not without hiccups

There were no big problems inside or outside Itaquerao stadium in Sao Paulo in the final test event before the World Cup but some fans complained of difficulty accessing the venue due to traffic and lack of adequate instructions by local authorities. THE ASSOCIATED PRESS

Giro d'Italia

Quintana makes statement in Italy

Nairo Quintana showed why he's considered cycling's next star by winning the Giro d'Italia on Sunday. The 24-year-old finished with a 2-minute-58-second advantage over fellow Colombian Rigoberto Uran for his first Grand Tour victory. THE ASSOCIATED PRESS

Nairo Quintana celebrates Sunday in Trieste, Italy. MARCO ALPOZZI/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

♉ Taurus
April 21 - May 21
Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

♊ Gemini
May 22 - June 21
Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

♌ Leo
July 24 - Aug. 23
A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

♎ Libra
Sept. 24 - Oct. 23
This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

♏ Scorpio
Oct. 24 - Nov. 22
If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

♑ Capricorn
Dec. 22 - Jan. 20
Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

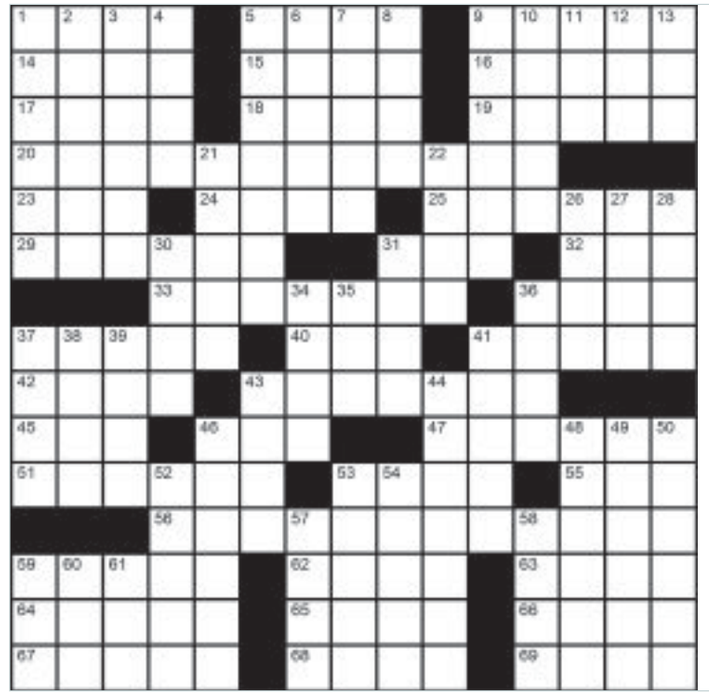
♒ Aquarius
Jan. 21 - Feb. 19
If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

♓ Pisces
Feb. 20 - March 20
Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



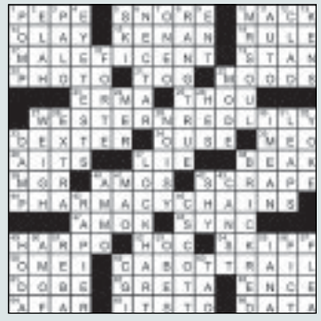
Across

1. Trade
5. Radar signal
9. The Viscount __ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy __ du Bois
15. Ancient symbol
16. Scent
17. "..._ __ my Annabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, __ Castle
23. Water wiggler
24. Too
25. Peter __ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-__
51. Piano company
53. Filmmaker, Gus Van __
55. Onetime bird
56. Fun/upbeat music genre: 3 wds.
59. __ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days ___"
65. Discharge
66. Beam
67. Windblown silt deposit
68. Baseball's Sammy
69. Notices

Down

1. Dish-seasoning person
2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-__ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon goddess
7. Something's start, shortly
8. __ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's lettered award
13. Mary __ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, variantly
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et __ (And others, in Latin)
39. Planter's purchase
41. Jean __ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "__ Day Off"
48. HRE's 'E'
49. Global's "__ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, __ Jima
61. Sweater neck shape

Friday's Crossword



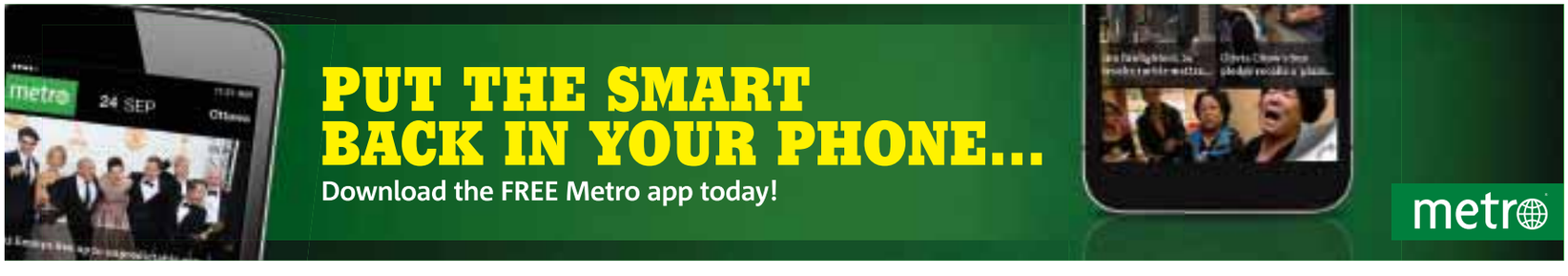
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8		2					
	7		3	1	8			2
					9		5	7
5			4					
7								1
					3			9
9	2		7					
8			5	9	1		6	
					6		9	3

Friday's Sudoku

5	6	1	7	9	4	2	3	8
9	4	8	6	2	3	7	1	5
7	2	3	1	5	8	9	4	6
2	8	9	3	6	7	1	5	4
3	1	5	4	8	9	6	2	7
4	7	6	2	1	5	8	9	3
1	5	4	8	7	2	3	6	9
6	3	7	9	4	1	5	8	2
8	9	2	5	3	6	4	7	1



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